



Triathlon Training Program YMCA Anthony Bowen 2017

The YMCA National Capital Triathlon Team (known as "YTri") is an all-volunteer activity organized and operated by YMCA members – this year at the Anthony Bowen YMCA, 1325 W St., NW. The team sponsors a 19-week training program from February to June each year to prepare new and veteran triathletes for a June race. Members of the YTri team continue their training and racing throughout the year. Fees paid to participate in the training program are donated to the Y to help support the YMCA's youth programs.

The YMCA Triathlon Training program (YTri) is great for anyone who wants to improve performance, train with a group, or compete in their first competitive triathlon. All participants in the YTri program must be members of the YMCA Anthony Bowen.

There are three ways to participate in the YTri program:

- 1) **“Newby Training”** – for those who want to train for their first triathlon in a fully-coached triathlon training program. Newbies will be assigned to a swim coach and have first priority for coached spinning and running sessions. The Newbie program will include a number of additional training activities, including:
 - a mock triathlon,
 - weekend group bike rides,
 - open water swim practice
 - a bike repair session,
 - and tips on training, injury prevention, nutrition, hydration, tapering, transition, and racing.

The training is designed to prepare athletes for an Olympic distance triathlon, but participants will have a choice of doing a Sprint or an Olympic triathlon to start. The group triathlon this year will be the St. Mary’s Triathlon, which will be both a Sprint and an Olympic distance race on Saturday, June 17th. Participants may also use the training to prepare for a race of their own choosing. There is a one-time \$200 fee for the Newbie program (plus a \$15 activity fee). This program is limited to 50 participants.

- 2) **“YTri Club”** – for those who have competed in a triathlon in the past and are interested in refining their performance (or simply training with a group). “Veterans” (aka "YTri Club" participants) will be able to participate in many of the same training activities as the Newby participants, but will develop their own program. There is an annual \$50 fee to join the YTri Club in 2017 (plus a \$15 activity fee). There is no limit on the number of participants in the YTri Club.

- 3) **“Tri Coached Swim”** - for YTri Club members who want coached swimming. There are a limited number of coached swim slots that will be allocated on a first-come, first-serve basis. There is a one-time \$100 fee to join the Tri Coached Swim through June 2017.

Training sessions will include a mix of all three kinds of YTri participants. All participating triathletes will communicate through our listserv, join in weekend events, and socialize at our monthly happy hours.

Training Details

The YTri program will begin February 6, 2017 and end June 16, 2017 (the Friday before the St. Mary’s City Triathlon). The YTri training will take participants through 20 weeks of carefully designed training that will gradually build to a peak a month before the race.

Training details are similar for Newbies and YTriClub members. Newbies will have a scheduled program with full coaching and a range of additional training and preparation activities. YTriClub members will mix with Newbies in many of the same training activities, but will be responsible for planning and executing their own program.

The YTri program will include up to five organized workouts each week, covering each of the three triathlon disciplines of swimming, biking, and running. **Regular training sessions will be in the morning, between 6 and 8 a.m.** Training schedules for each participant will be determined after all participants have registered and completed the swim time trial.

The first 6 weeks of the training will focus on “base building,” developing endurance and technique in each sport. The program will then enter the “build” phase as intensity and endurance are gradually increased. During this period, we will begin “brick” workouts (combining back-to-back biking and running sessions) to work on transitioning from one sport to the other. Five weeks before the St. Mary’s City Tri, we will enter the “peak” training period and hold that until we “taper” for the last week before the race.

Swim workouts. Swim workouts will be held in the YMCA Anthony Bowen pool. The swim training is designed to improve swim technique, speed and endurance. This is not a ‘learn to

swim' program -- participants are expected to know how to swim at least at a basic level. You will do a swim time trial in mid-January to calibrate your swim pace - swimming 300 yards (6 laps) without stopping. We recommend that you get in the pool in December and January and practice before the time trials. On the basis of the time trial times, participants will be assigned to one 45-minute, coached swim session each week starting at either 6:00 am or 7:00 am. Sessions will consist of technique and distance training, with some speed work mixed in. Anyone unable to swim 300 yards in 8 minutes or less should contact us as soon as possible so we can help arrange some individual instruction or private lessons before the season starts.

Biking workouts will be held in the group cycling studio at the YMCA Anthony Bowen. Cycling sessions will start at 6:00 am and last 45 minutes. These workouts will be designed to develop endurance, build cadence, and develop biking skills needed on the road. Organized weekend group rides will enable participants to get comfortable riding their bikes outdoors, develop hill strength and bike speed, and fine-tune their use of gearing. Outdoor rides will start once the weather begins to warm up, in March.

Running workouts will start at the YMCA Anthony Bowen and proceed outdoors over a variety of flat and hilly routes in Rock Creek Park, around the Logan Circle, Columbia Heights, U Street, Mount Pleasant, and Adams Morgan neighborhoods, as well as down to the Mall and around the Potomac River and Georgetown areas starting from and finishing at the YMCA Anthony Bowen. Participants will be assigned to a running group based on a running time trial administered at the beginning of the program. Coaches will include sprints, lunges, plyometrics, and other drills in these runs to work on muscle endurance and speed. Participants will run on one of two days. Running sessions will leave from the YMCA Anthony Bowen lobby at 6:15 a.m. Optional evening track workouts will be organized to enable participants to build race speed, once the weather warms. Time trials will be re-administered during the program to chart progress.

Coaches

The program is coached by experienced triathletes who have coaching experience in swimming, group cycling/outdoor biking, or running. All coaches will be available for questions during the course of the program. Participants are encouraged to address sport-specific questions to the coaches for that sport.

The Head Coach and administrator for the 2017 program is Larry Atkins, a founding member of the YTri training program and veteran triathlete. Direct all program questions to him at larry.atkins.ytri@gmail.com. Other YTri veterans will be responsible for various activities and will also be available to answer triathlon training or program questions that you may have. YTri is an all-volunteer program that benefits the YMCA's children's programs. Organizers and

coaches volunteer their time and will be training and participating in races with you as well as coaching.

Swim Time Trial

All Newbies and enrollees in the triathlon Coached Swim program are required to participate in a swimming time trial. **Time trials will be run between 6:30 am and 8:00 am from Monday, January 9th to Friday, January 20th.** When you register for the program, you will need to go to the YTri Website (www.ytriynot.org) and select your time preferences and we will assign you to a specific time for your time trial. The trial results will only be shared with the participant and the coaches. Your time in the time trial can be used as a baseline for you to measure your progress during the training.

Orientation

Orientation for all registered participants will be held on **Wednesday, February 1st at 6:30 pm** at the YMCA Anthony Bowen to explain the program, announce training group assignments, answer questions, put names and faces together, and get psyched about training together. Please try to make the orientation – it is a good way to get introduced to everyone and to get prepared for the start of the program.

Communication

The primary means of communication will be via e-mail. Therefore, it is important that you include an e-mail address on the registration form. We recommend you use a yahoo, gmail, or other open access account rather than a work account, since the latter often block listserv messages. The program has a Google Group Website, which will be our main means for communicating with participants. It will also serve as a means for participants to ask questions or convey information to coaches and other participants. Schedules, workouts, training tips, and other information are posted on this site. Once you've registered for the YTri program, you will receive an e-mail invitation that will enable you to join the "ytri2016" Google Group. You will also be invited to join our Facebook site where we document team activities.

Sign-Up!

Use the registration forms you can download from the YTri Website to sign up for the YTri program. Registration is in person at Anthony Bowen. **Registration opens for Newbies Tuesday, January 3 at 8:00 am**, and will close as soon as the program has 50 new participants. **Registration for YTri Club and Triathlon Coached Swim also open Tuesday, January 3 at 8:00 am.** Club memberships are not limited, but registration for club members coached swim will close once all available swim slots have been filled.

Program Fee

There is a \$15 program fee for 2017 to cover the costs of many of our group activities. This will enable us to have additional group training and social activity and a more prominent team presence at races – with a YTri tent, refreshments, and race support. We ask that you pay this fee separately - in cash or check payable to “Larry Atkins” either when you register or at Orientation.

Uniforms

YTri has its own distinctive racing uniforms produced by a leading triathlon gear manufacturer. We will hand out the order forms for uniforms at Orientation and collect them shortly after, so that you will have uniforms for the early races.

Race Sign-Up for 2016

The training program will prepare you to race in the St. Mary’s Triathlon. This race offers a choice of Olympic (International) or Sprint distance on Saturday, June 17. The Sprint distance is a 0.8K swim, 24K bike, and 5K run. The Olympic distance is a 1.5K swim, 40K bike and 10K run. The cost of races is not included in the cost of the YTri program.

To register, go to: <https://www.vtsmts.com/stmarys-triathlon-festival-registration>. Registration for this race is open. You do not have to sign up for either of these races to participate in the YTri program. We encourage you to do the race, though, as the program will focus on training for a group race and the race is great fun to do as a group. However, some people may be training for another race or may not want to compete, but still want to complete the training for their own individual goals.

In addition, this year, we are encouraging YTri members to do one of the **Kinetic races at Lake Anna, May 13 and 14.** The Sprint distance race is a great prep race for Newbies who are training for the St. Mary’s Olympic. Olympic distance and Half-Ironman distance races are also available for those who want an early start for the racing season. We will have a YTri group this year training for half-ironman distance races, and expect a number of them to sign up for the Kinetic Half. You can register for the Kinetic Half-Ironman, Olympic or Sprint races at: <https://www.vtsmts.com/kinetic-triathlon-festival-registration/>.

YTri members will compete in many other local, national, and international running and triathlon events during the racing season, which runs locally from May to October. We will post a schedule with links to the most popular events. Members are encouraged to join with other YTri members in signing up for some of these other events.



Important Dates - 2017

Registration:

- Newby registration opens TUESDAY, JANUARY 3 at 8:00 am and closes when we reach 50. Newby registration includes swimming.
- Registration for YTri Club opens TUESDAY, JANUARY 3 at 8:00 am and will remain open.
- Registration for Tri Coached Swim (for YTRI Club members), opens TUESDAY, JANUARY 3 at 8:00 am and closes when swim slots are full. Once the swim is full, there will be a waiting list for space that may become available.

Swim Time Trial:

Assigned time between MONDAY, JANUARY 9 and FRIDAY, JANUARY 20.

Orientation:

WEDNESDAY, FEBRUARY 1 at 6:30 pm – YMCA Anthony Bowen

Training Start and End Dates:

- Start: MONDAY, FEBRUARY 6
- End: FRIDAY, JUNE 16 (19 weeks)

Triathlons:

Kinetic Triathlon, Lake Anna, VA: Half-Ironman and Olympic: SATURDAY, MAY 13
Sprint: SUNDAY, MAY 14

St. Mary's Triathlon, St. Mary's City, MD: Sprint and Olympic: SATURDAY, JUNE 17

